

Laura F.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- Registered Nursing from Saddleback College
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Surfing
- Stand Up Paddling
- Running
- Hiking
- Kickboxing



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 143